



# Prime Time News

## July 2020

Fitchburg Senior Center  
Volume XV Issue 7

### Uncertain Future Faces Us All

When COVID-19 hit in March, I felt the decision to close the Center was one of the harder decisions I have had to make as Director. Well, little did I know that the decision to re-open would be so much more difficult!

Although we would love nothing more than to have the normal hustle and bustle of our daily routine at the Center, the safety of our participants, volunteers and staff is most important as we contemplate how and when to bring back activities. Size of groups, sanitizing protocol, mask-wearing and the ability to social distance are all being taken into consideration.

We have reached out to volunteer facilitators, paid instructors and wellness providers, and the majority of them agree a “wait and see” approach is best. We are considering hosting some small groups of ten or less in July, but programs like exercise classes, card playing and singing will be introduced last.

There are no guarantees about when it will be completely safe to return to the Center or when all programs will be back in full swing, but what I can guarantee is that staff is here for you!

*Jill McHone, Director*



### Elections Coming Up

**2020 Partisan Primary Tuesday, August 11 / 2020 Presidential Election Tuesday, November 3**

Absentee ballots will be mailed soon to people who requested an absentee ballot for the Aug. 11, Partisan Primary. You still have time to request an absentee ballot. Visit <https://myvote.wi.gov>, and look for “Vote Absentee” near the top of the page; or if using a mobile phone, look for the menu button.

Sample ballots for the August election can be found on the City of Fitchburg website.

If you need to register to vote, there are several ways to do so, but the deadline for online and absentee registration is July 22. After that date, you may register in person in the City Clerk’s office, at early voting, or at the polling place on Election Day.

Have you moved recently, or are you planning a move? You must be a resident for ten days prior to an election to register and vote at your new address.

Questions? Contact the Fitchburg City Clerk’s office at 608-270-4200. Election inspectors are needed to work at the elections.

### In-House Footcare Available

Footcare is now available on a limited basis. All safety measures will be in place. You must call 270-4290 to schedule your appointment and receive more information.

Cost is \$20. You **MUST** wear a disposable mask provided by the Senior Center.



## Transportation Options for Now...

Transit Solutions is committed to making sure older adults have what they need during this challenging time. Below are services that the Senior Center and Transit Solutions are collaborating to provide:

**Shopping/Errands** - The bus can take you for groceries or to general shopping locations. Rides are limited to two passengers at a time. You may also schedule a ride to the bank or pharmacy.

**Grocery Delivery** - If you are able to order your groceries online, Transit will pick up your order and deliver to your home.

**Medical Appointments** - During the shut-down, you still have transportation options for medical appointments. If you need a ride, call the Dane County Transportation Call Center at 242-6489.

## The Social Work Picture

In the current time of uncertainty, you may be wondering to whom you can turn should a need arise. Although the Fitchburg Senior Center is currently closed to the public, the Social Work program remains available. While our working hours will vary on a daily basis, we will do our best to address your needs as quickly as possible.

If you are having difficulty with essential daily activities, please do not hesitate to call the Senior Center and ask to speak with a Social Worker. They are happy to talk through your concerns over the phone, and if necessary and circumstances permit, can arrange a home visit. You can reach Amy Jordan at 270-4295, or Sarah Folkers at 270-4294.

### **Social Work One-On-One Meetings Now Available**

Amy & Sarah are now available for in person appointments. You must call 270-4290 to schedule.  
Mask required.

## Home Delivered Meal Changes Starting In July

Per recommendation of the CDC (Centers for Disease Control & Prevention) regarding the COVID-19 virus, social distancing is extremely important in preventing the spread of this disease. Please review the changes below for our home-delivered meal program:

- 1) Meals will be delivered Monday, Tuesday, Thursday and Friday only.
- 2) You will receive one meal.
- 3) If you are currently receiving meals and feel this schedule does not work for you, please contact your Social Worker. Amy Jordan - 270-4295 Sarah Folkers - 270-4294
- 4) If food insecurity is becoming an issue and you would like to see if you qualify for home-delivered meals, please contact one of the Social Workers listed above.



## REACH Book Club

REACH Book Club has chosen books for the next year; however, it is still unclear whether we will meet in person or via Zoom. Following are the books chosen:

September 10, 2020 *The Underground Railroad* by Colson Whitehead

October 8, 2020 *The Gown* by Jennifer Robson

November 12, 2020 *Where the Crawdads Sing* by Della Owens

December 10, 2020 *Let's Pretend This Never Happened* by Jenny Lawson

**FYI:** You might want to put these books on hold and suspend them until you are ready to read a book. Hopefully Linkcat will soon be available to enable checkout from any of the libraries in the South Central Library System. Some libraries are doing curbside pickups. Check to see if that's an option near you.

**Normally REACH Book Club** meets the 2nd Thursday of each month, September thru June at the **Fitchburg Senior Center** at 1:30 p.m. We do not meet in person this month or August. If you wish to be added to the email list or the Zoom meeting on July 9, email [dmullaly5771@gmail.com](mailto:dmullaly5771@gmail.com).

# Online Zoom Programs

The Senior Center is currently working with group leaders to provide Zoom meetings. This could include the Men's and Women's Groups, as well as Caregiver Support and Mystery Book Club. If you are part of any of these groups and would like to be added to the list,

email [david.hill@fitchburgwi.gov](mailto:david.hill@fitchburgwi.gov)

## Senior Center Staff

Jill McHone, Director

David Hill, Assistant Director

Mandi Miller, Nutrition Site

Mgr/Volunteer Manager

Amy Jordan, Social Worker

Sarah Folkers, Social Worker

Suzie Jones, Office Manager



For general questions, email us at:

[FitchburgSeniorCenter@fitchburgwi.gov](mailto:FitchburgSeniorCenter@fitchburgwi.gov)



Find Us On Facebook  
[Fitchburg Senior Center](https://www.facebook.com/FitchburgSeniorCenter)

## ● Fitchburg Senior Center Friends ●

The Friends Board did not meet in April or May due to COVID 19 and the Center being closed. The Board had a successful Zoom meeting in June.

The Board approved expenditures of \$370.00 in March, and \$571.00 in April for special needs.

## Resource Links For You Or Your Loved Ones

Unemployment : <https://dwd.wisconsin.gov/uiben/>

Food Assistance: <https://access.wisconsin.gov/access/>

Rent Assistance : <https://www.rentassistance.us/ci/wi-madison>

Utility Assistance : <http://homeenergyplus.wi.gov/category.asp?linkcatid=239>







## Exercise Online

All your favorite instructors are online!

Go to our homepage and find links on the right-hand side.

[www.fitchburgwi.gov/621/Senior-Center](http://www.fitchburgwi.gov/621/Senior-Center)

United States<sup>®</sup>  
Census  
2020

## 2020 Census Continues!

The census chugs along even during the pandemic. If you have not completed your 2020 Census, don't delay, get it done. You have different ways to go about this task. 1. Fill out the hardcopy you received in the mail. 2. Go online to <https://my2020census.gov/> and follow the directions. 3. Call the Fitchburg Senior Center at 270-4290 and one of our Social Workers will step you through it.

Don't delay, do it today!

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## Complimentary investment review.



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Financial Advisor

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[www.fitchburgwi.gov](http://www.fitchburgwi.gov)



Accredited by the Wisconsin  
Association of Senior Centers



## Fitchburg Family Pharmacy

**Thad Schumacher, PharmD**

[tschumacher@fitchburgfamilyrx.com](mailto:tschumacher@fitchburgfamilyrx.com)

Location: Fish Hatchery Road and High Ridge Trail

Phone: (608) 274-3784

Fax: (608) 274-3780

After Hours: (608) 886-7117

Hours:

9am-6pm, Mon-Fri

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**DANE COUNTY**

**442-1898**

Each office independently  
owned and operated.

# it's JULY 2020 all!

		Wednesday 1	Thursday 2	Friday 3
 <p>Senior Dining</p>  <p>Fellowship, Food &amp; Fun</p>			*BBQ Pulled Pork On WW Bun Mixed vegetables Coleslaw Ambrosia Salad  <b>NCS – Pineapple</b>	 <p><b>NO MEALS</b></p>
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
*Brat White bun Mustard/Ketchup Green Beans Marinated cucumbers Fruit Cocktail Blueberry Crisp <b>NCS – SF Cookie</b>	Stuffed Green Pepper Soup *Mixed greens *Dressing *Crackers *Spiced Apple Slices <b>NCS – N/A</b>		Tuna Casserole Stewed Tomatoes Pickled beets Banana Lime Sherbet <b>NCS – SF Pudding</b>	*Saucy BBQ Ribs Calico Beans Potato Salad Dinner Roll Melon Fruit Mix Root Beer Float <b>NCS – SF Cookie</b>
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Fruit Cocktail Brownie <b>NCS – SF Pudding</b>	Taco Pasta Casserole Broccoli Cauliflower Pineapple Frosted Chocolate Cake <b>NCS – SF Cookie</b>		*Meatballs in Gravy Mashed potatoes California Blend Tropical Fruit Dinner Roll/Butter Apple Crisp <b>NCS – Spiced Apples</b>	*Tuna Sandwich Tomato soup *Fruit Cup *Blueberry Pound Cake  <b>NCS – SF Jell-o</b>
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Banana Strawberry Cake <b>NCS – Spiced pears</b>	Lemon Dill Baked Fish Tartar Sauce Baked Potato Sour Cream Fruit Cup WW Bread Sugar Cookie <b>NCS – SF cookies</b>		Honey Baked Chicken Broccoli Yams Dinner Roll Pears Dreamsicle Whip <b>NCS – Mandarin oranges</b>	*Italian Sausage on White Bun Oven Roasted Potatoes Stewed Tomatoes Orange Ice Cream <b>NCS – Banana</b>
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
Sweet and sour chicken Brown Rice Peas Banana Rice Pudding <b>NCS – SF Pudding</b>	*BBQ Pulled Pork on a WW Bun Chickpea Salad Carrots Diced Melon Fruit Mix Lemon Bar <b>NCS – Orange</b>		*Egg Salad *On WW Bread *Coleslaw *Pickled Beets Frosted White Cake <b>NCS – SF Jell-o</b>	Chicken and Gravy Over White Carrots Green Beans Orange Cookie <b>NCS – SF cookie</b>

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICE

All menu items are prepared in kitchens that are not allergen-free.

We cannot guarantee that food allergens will not be transferred through cross-contact.

No substitutions allowed.

Please note: Guests on a NAS diet should not be receiving: gravy, ketchup or mustard





July 8 – Donuts & Coffee, 8:30–9:30 a.m.

July 15 – Milk & Cookies, 9:30–10:30 a.m.

July 22 – Dilly Bars, 10:30–11:30 a.m.

July 29 – Pop & Popcorn, 11:30 a.m.—12:30 p.m.

First come, first served

Suggested donation \$2/person

Thank you Fitchburg Senior Center Friends for supporting these programs.



The Fitchburg Senior Center Friends are encouraging you to stay safe when you leave home. When you drive up to the Senior Center to pick up your treat, you will have the option to purchase a handmade cloth mask, which were made by Friends board members. A suggested donation of \$5 goes to support the Senior Center.



# Pick Up Puzzles & Books!

The Senior Center still has lots of puzzles for you to check out. The Dane County Library will be delivering books after July 6. You must call 270-4290 to make an appointment.



The Fitchburg Library has new hours of operation. Check out their website for more information:  
[www.fitchburgwi.gov/822/Library](http://www.fitchburgwi.gov/822/Library)

*Happy Birthday To Catie & Lowell!!*



103!!

